**Sample Project Outline**

**A. Title:** Protein and Athletes Sarah Drury Period 3 12/7/12

**B. Thesis Statement:**

The purchase and consumption of protein supplements by high school athletes to improve muscle mass is

unnecessary, costly and potentially harmful to the body, since most consume an adequate amount in their diet, and

excess protein consumed will be stored as fat.

**C. Background Information:**

1. What is protein?

Proteins are sometimes described as long necklaces with differently shaped beads. Each bead is a small amino

acid. These amino acids can join together to make thousands of different proteins. Scientists have found many

different amino acids in protein, but 22 of them are very important to human health. (Davis)

1. What are the protein needs of a person? Of an athlete?

Weight in pounds divided by 2.2 = weight in kg. Weight in kg x .8 – 1.8 gm/kg = protein needs in grams

Use a lower number if you are sedentary and in good health, use a higher number (between 1 and 1.8) if you are

under stress, are pregnant, are recovering from an illness, or if you are involved in consistent and intense weight

training or endurance training exercises. (“Protein Needs”)

3. What foods contain protein?

Answer…

4. What role does protein play in the development of muscle?

Answer…

5. What is a protein supplement?

Answer…

6. What are the most popular types of supplements and what are they used for?

Answer…

**D. Supporting Evidence: (need at least 4 facts, may include more when presenting)**

* Most high school athletes already consume 1 ½ - 2x beyond the recommended daily amount of protein in their

diet (Smith 57) Thus, it is reasonable to assume that additional protein consumption is unnecessary.

* Protein supplements can add an enormous # of calories to a person’s diet that they are not subsequently

burning off, thus they are being stored as fat. (Dolby) So if an athlete is supplementing their diet with protein,

they are likely going to gain weight in the form of fat, rather than muscle.

* Brent Smith, in his book, *Smart Exercise: Burning Fat, Getting Fit,* states that “the maximum muscle mass

the human body can add in one week is one pound. That is the upper limit of the muscle fiber’s capacity to

make protein into muscle; any protein beyond that is simply converted to fat.” (109)

* Dr. Felluga, in *Guide to Protein Intake,* states: protein supplements are extremely expensive, and to much

protein can put a burden on the kidneys, can be dehydrating, and can cause calcium loss from the body. Given

this research, it is clear that the benefits do not outweigh the potential risks, especially for young athletes not

not competing at high levels of competition.

* Weight training athletes would find more success and muscle gains from improving their general dietary

intake and increasing their consumption of energy boosting complex carbs rather than protein. (“Protein

Needs”) It seems it would be more beneficial to take in additional calories from whole foods that contain

many other beneficial nutrients, rather than just consuming amino acids. Also, protein is not an efficient

energy source, and many athletes need energy boosting nutrients rather than muscle building nutrients.

* Athletes should be maintaining appropriate protein intake through the consumption of whole foods. By eating

foods instead of supplements, they are getting the nutritional benefits of the many additional nutrients,

vitamins and minerals in that food. Supplements only provide amino acids. (“Protein Needs”)

**E. Opposing Viewpoint and Rebuttal: (need at least 2 facts, must refute these during your presentation)**

- Protein is needed to build muscle mass, thus increasing your protein intake will allow your body to build new

muscle more efficiently (Dolby)

Although this statement is true, the research included by Smith and Dolby indicates that over consumption leads

to fat build up. Most athletes are over consuming based on their activity levels and don’t realize that the additional

protein is not only harmful to their body, but it is causing them to gain fat mass, not muscle mass.

* Supplementing protein can help to improve recovery time from injury. (“How to Make Vegetarian Chili”)

Again, protein intake can help aid recovery following injury, but athletes should be consuming whole proteins in

whole foods, which provide them with a multitude of additional nutrients. Consuming protein supplements only

provides the body with additional amino acids, and potentially many added calories. Eating whole foods that

contain protein will provide the body with many additional vitamins and minerals that are also essential to

recovery following injury. (“Protein Needs”)

**F. Introduction:**

I am going to first introduce myself and provide a very short overview of the topic I selected. I will highlight the

areas of research I am going to address and give the class a basic overview of the order of my presentation. Then

I am going to poll the class, asking how many people purposefully consume extra protein when they exercise and

ask them to share why. This will hopefully establish a speaking point for later in my presentation in regard to the

overconsumption of protein by most athletes.

**G. Conclusion:**

I will reiterate the key supporting facts that I discussed during my presentation and end with stating several facts

about the dangers of over consuming protein. I will then ask if anyone has any questions.

**H. Presentation and Preparation:**

I will make note cards that prompt me on the info .I want to discuss during each slide of my PowerPoint and I will

practice going through it and saying the information out loud at least twice before the presentation day. The

format for my presentation will be a PowerPoint, but I will also be handing out a short fact sheet to each student,

giving him or her the recommendations for improving their dietary protein intake.

**Sample Works Cited**

* Remember it is its own page attached to your outline
* The in text citations should directly link to the citation in the works cited page…use the websites: [**http://owl.english.purdue.edu/owl/resource/747/01/**](http://owl.english.purdue.edu/owl/resource/747/01/) **or** [**www.easybib.com**](http://www.easybib.com)for more information or assistance.

**Works Cited**

Davis, Margaret. “The Whole Athlete.” *Centers For Disease Control and Prevention.* 28 Sept 2009. Web. 25

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Dolby, Nadine. “Research in Current Dietary Practices Among Athletes.” Exercise and Athletes: The

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“Protein Needs for Athletes.” *About.* About.com. 2010. Web. 25 Apr. 2011.

Smith, Brent. *Smart Exercise: Burning Fat, Getting Fit*. Philadelphia: Macmarran, 2001. Print.